

Always Makes Good



You'll be delighted with the results of Calumet Baking Powder. No disappointments—no flat, heavy, soggy biscuits, cake, or pastry.

Just the lightest, delicate, most uniformly raised and most delicious food you ever eat.

Received Satisfaction-Worthy's Pure Food Inspection, Chicago, 1907.

Petits Eye Salve
INFALLIBLE FOR WEAK EYES

Forestalled.
District Attorney J. F. Clarke of New York was talking about the recent kidnapping cases.

"Kidnappers," he said, "are apt to disappear now. They have become too unpopular. Why, a kidnapper is as unpopular as a widower."

"Widows, now, are very attractive, but about a widower there is always something uncanny, something almost clammy—I mean, of course, from the matrimonial point of view."

"I know a widow who is thinking of marrying again. He thought he'd broach the matter definitely the other morning to his little daughter, so he said:

"Ah, my dear, how I did love your mother!"

"But the little girl gave him a suspicious look and snapped:

"Say 'do,' not 'did,' papa."

An Ambassador's Note.

An ambassador to Russia, formerly a leather merchant in this country, discovered certain secret processes regarding a special kind of leather manufactured there. He would have been looked on with suspicion had it been suspected that he could learn anything of these methods. But during his sojourn he got near enough to certain factories to register, through his sense of smell, some impressions with which he was able to work out the formulas when he returned home—*Atlantic Magazine*.

Chillisms.
"I once proposed to a girl in a conservatory."

"With what result?"

"A lot of expensive plants were nipt by frost."—*Washington Herald*.

Good breeding is benevolence in trifles, or the preference of others to ourselves in the little daily occurrences of life.—*Chatham*.

**It Does
The Heart
Good**

To see how the little folks enjoy

**Post
Toasties**

with cream

Sweet, crisp bits of pearly white corn, rolled and toasted to an appetizing brown.

"The Memory Lingers"

POSTUM CEREAL CO., LTD.
Kensington, Mich.

KEEP KITCHEN CLEAN

IN NO ROOM IS CLUTTER AND DUST MORE UNSANITARY.

Should Be Times for Each Cleaning Process. Simple Ordinary Daily Cleaning—Household Should Be Kept Immaculately Clean.

The thought of an untidy kitchen is abhorrent to the great housewife. The trouble lies with being more able to spot dirt and dirt about it than to give rules for its prevention.

When a new maid comes the mistress should tell her explicitly how she likes the work managed instead of saying, "I expect your kitchen to be spotless."

There should be times for each cleaning process, besides the ordinary daily cleaning up. Every girl should be made to sweep up the kitchen floor at least once a day, preferably after each meal, or wait till tidiness and dirt after every dish-washing time and to dust thoroughly each morning.

In no room of the house is dirtier and dirtier more uncleanly, yet little attention is often paid to systematic cleaning of it. Sometimes this is due to lack of precision. Every kitchen should be equipped with a broom, mop, scrubbing brush, sponge, sponges, scrubbing brush, cleaning cloth, nail and small cloth of its own.

Smart girls will sweep up a kitchen table with the same cloth used for the floor, or worse yet, with the cloth itself. For this reason have sets of cloth cloths in color for each operation and there is no excuse for mixing them. The same holds good of brushes: there should be a sink brush, another for vegetables, a third for soap suds and a fourth for floors. Also have mops of different size and thickness to use on floor, pants and curtains.

The care of a kitchen floor depends upon the material with which it is covered. If there is a good quality of linoleum on it work is simplified; beyond daily sweeping up it will only need semi-monthly scrubbing with suds milk. Never use soap on linoleum. To brighten up with a cloth wet in linseed oil after the floor has been washed is not well done.

A bare floor is like its name because it can be scrubbed hard with soap and water. If a matting of linoleum is added to the gall of water the scrubbing will be more effective.

The scrubbing will be more effective when the water is hot it should be softened with soap or ammonia.

A finished floor can be cleaned more easily if polished with coarse salt, which is allowed to stand for a few minutes then brushed up with a soft broom.

The floor should be washed up with water then rinsed with soap milk. An occasional treatment of linseed oil will keep luster in the floor.

Keep three white barrel muslin curtains for each kitchen window for frequent changes. Have windows cleaned inside and out once a week. Do not use soap. A pinch-gram of ammonia to a gallon of hot water will give quick luster. Use two cloths and wash with ammonia or chrome powder.

Female must be kept polished. For example use soap applied with a damp cloth, then sponge quickly with ammonia, if you have no regular upper polish. Glass can be cleaned by holding moistened with ammonia then washed with a poultice of powdered chalk and lemon juice, and polished with diamonds. Still the ammonia ammonia in strong soaps water, and it must rub with hard and let stand before washing.

Excellent Biscuits.

Divide one-half cup of cornmeal just in two cups of milk boiled and cooled; add one-half cup sugar, one tablespoon sugar, and four to make a stiff batter. Let rise overnight. In the morning mix one cup sugar, one-half cup melted or softened butter and flour to make it stiff enough to knead. Let rise again until light, then shape into small biscuits and let rise again. Bake in a hot oven until brown, then turn over with milk and sugar and let stand to oven a few minutes longer. This makes an excellent and weather-tight dish when the meat course is light.

Cabbage with Eggs.

Boil a head of cabbage until tender, drain and cut the leaves and center, all in the opening with a cup of hot boiled rice that has been highly seasoned with pepper, salt and butter, and pour over all a cream sauce. This makes an excellent and weather-tight dish when the meat course is light.

Scrappie.

One and one-half pounds of beef and one-half pound of pork, boil them together and season with salt, pepper and sage, drain and chop fine. Then add to the liquor corn meal, as you would for mush, add seasoned meat, mold, slice, and fry.

A Quick Leaf Cakes.

Mix together one cup sugar, one heaping cup flour and one teaspoon baking powder. Break two eggs in same cup and pour four tablespoons of melted butter over eggs. Fill the cup with sweet milk, flavor to suit taste. Bake in a moderate oven.

To Keep the Neck Smooth.

A few drops of olive oil finely streaked on the skin of neck and over every other night will keep wrinkles at bay. Let oil remain over night.

PHYSICAL WRECK RESTORED TO HEALTH BY GREAT KIDNEY BENEDICT

I feel it my duty to furnish you with my testimonial as to what your remedy, Benedict, did for me when I was a physical wreck from kidney and bladder trouble.

Some years ago I was not able to do my work and could only creep around and my wife said that had it not been for Dr. Elmer's Swamp-Root I would not have lived. After using the preparation for one month I was able to work some and when I had used \$20.00 worth of Swamp-Root I could in a good day's work I used about \$10.00 worth altogether and would not cost \$100.00 for the good that it did me. I consider it a Godsend to suffering humanity for the disease for which you recommended it, and have recommended it to many sufferers.

E. L. HUNTINGTON,
Wichita, Ark.

Personally appeared before me this 20th of September, 1908, H. L. Higgins, who submitted the above statement and made clear that the same is true in substance and in fact.

W. A. PARKE, J. P.

Doctor Who Swampland Will Do For You

Sent to Dr. Elmer & Co., Birmingham, N. Y., for a sample bottle. It will contain sixteen ounces. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention, in person.

For sale at all drug stores. "The Physician."

A GOOD SET.



Mrs. Neway—Mrs. Jones says that only one woman in a thousand is capable of bringing up children.

Mrs. Neway—I'll bet she thinks she is one of the ones.

ITCHED SO COULD NOT SLEEP

"I suffered from the early part of December until nearly the beginning of March with severe skin eruptions on my face and scalp. At first I treated it as a trivial matter. But after having used castile soap, medicated washings, cold cream, vanishing cream, etc., I found no relief whatever. After that I diagnosed my case as eczema, because of its dry, scaly appearance. The burning and itching of my scalp became so intense that I thought I should go mad, having not slept regularly for months past, only at intervals, walking up and down because of the burning and itching of my skin. Shaving and different remedies of cure by the Cutanea Remedies, I decided to purchase a box of Cutanea Remedy and a tube of Cutanea Soap. After using them for a few days I recognized a marked change in my condition. I bought about two boxes of Cutanea Remedy and five tubes of Cutanea Soap in all, and after a few days I was entirely free from the burning and itching. My eczema was entirely cured, all due to using Cutanea Soap and Cutanea daily. Surefier I will never be without a tube of Cutanea Soap on my washboard. I highly recommend the Cutanea Remedies to anyone suffering from similar skin eruptions and hope you will publish my letter so that others may learn of Cutanea Remedies and be cured."

(Signed) David M. Shaw, care Paymaster, Pier 30, N. Y., New York City, June 1, 1908.

Cutanea Remedies sold everywhere.

Send to Putter Drug & Chem. Corp., Boston, for free book on skin and soap remedies.

For the entire Cutanea Remedies.

When the International Congress on Tuberculosis meets in Rome next September, representatives of over thirty national and provincial associations organized to fight tuberculosis will be present. Among the associations which will be represented are the United States, Canada, Cuba, Uruguay, England, Wales, Ireland, Norway, Sweden, Denmark, Russia, Germany, Belgium, Holland, France, Switzerland, Portugal, Italy, Greece, Bulgaria, Hungary, America, New Zealand, Japan, Cape Colony, Argentina, Brazil, Chile, Newfoundland, Roumania, Uruguay and Venezuela.

For the entire Cutanea Remedies.

TRAIN LOAD AFTER TRAIN LOAD OF SETTLERS

ARE GOING TO CENTRAL CANADA

The question of reciprocal trade relations between the United States and Canada has presented considerable discussion and interest. Whenever the discussion may have come, it has brought out the fact that on the Canadian side at the line the agricultural situation is now that farms extending and it has also brought the fact that in the American side of the border, there is a rapidly increasing population as far as with a somewhat decreasing proportion of that population. This article is intended to point out to those who may wish to become of those who can cause wheel, cart, harrow, fork, carts and traps at the least and the opportunities in Central Canada are what they are seeking.

During the past year the official figures show that upwards of fifteen Americans located in Canada and the greatest majority of those have settled in farms, and when the time comes, which it will within a few years, they will be ready to help settle their parent country with the best farms that the increasing population will require.

The immigration for the spring has now set in in great earnest, and will continue after winter ends at a splendid rate of southern states mostly from Kansas City, Omaha, Chicago, Detroit, St. Paul and other points. Most of these are destined through to points in Manitoba, Saskatchewan and Alberta. The reports that come from the different farming districts there are that the spring is opening up well, and the prospects for a splendid crop this year are very good. In some districts most homesteads are yet available. The price of all farm lands has naturally had an increase, but it is still well below the carrying capacity. The immigration branch of the Dominion Government has just published its 1908 illustrated pamphlet, which may be secured on application to the Department of the Interior